

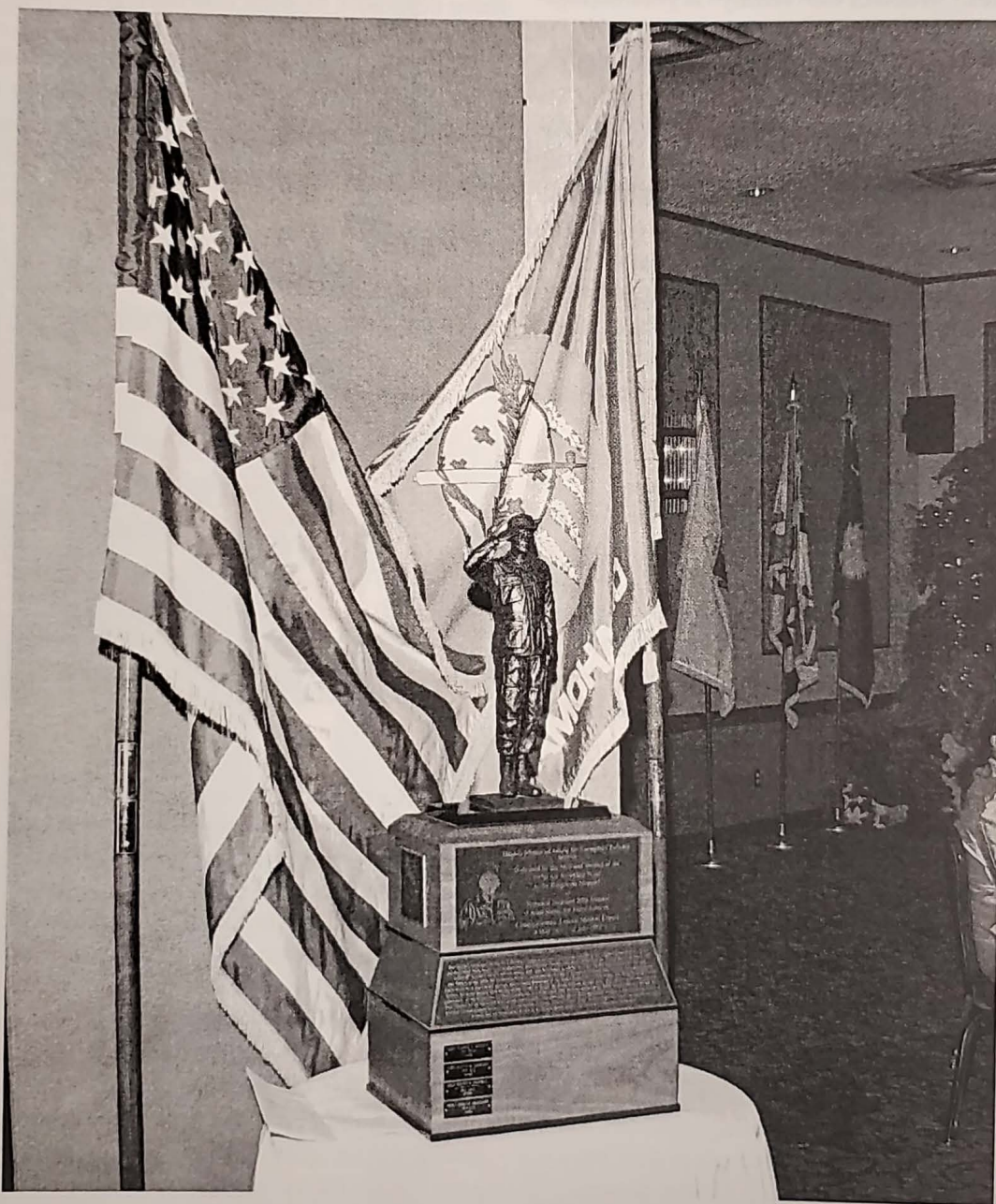
# On-final



507<sup>th</sup> Air Refueling Wing - 513<sup>th</sup> Air Control Group  
Tinker Air Force Base, Oklahoma

December 2002  
Vol. 22, No. 12

## *Recognizing Our Finest*



507th ARW Mission: Man, train, equip, and sustain an Expeditionary Reserve Force in support of DoD peacetime and wartime taskings.



### 507th ARW Commander's Column

By Col. Dean Despinoy

Judy and I want to wish everyone a Merry Christmas and joyful holiday season. We are both delighted to be back in Oklahoma and look forward to the possibility of having Christmas without several feet of snow on the ground. Family is a key factor during the holidays and nobody understands family better than the "Okies." Whether the "family" is your biological family, close friends, or members of the wing, this is the time that we come together for holiday gatherings, reflection, and a renewal of friendship and faith.

This year has marked the 30<sup>th</sup> year of the "Okies" contribution to the National Defense. The Okie reunion was a big success with many of the early members of the 507<sup>th</sup> attending. During the reunion dinner, I was pleased to give a presentation highlighting the Wing's accomplishments over the last year. After hearing the long list of 507<sup>th</sup> accomplishments, Maj Gen (ret) Roger Scheer, former 507<sup>th</sup> Wing Commander and also former commander of the Air Force Reserve, stated: "Boy, compared to that, we (the former members of the 507<sup>th</sup>) didn't do jack."

The 507<sup>th</sup> operations tempo is incredible, especially when compared to years gone by. We all should be proud of our fantastic accomplishments. Our Nation has always had a proud history of citizens making the commitment and sometimes the ultimate sacrifice to protect freedom. History records these people as heroes. I proudly observe your courage and sacrifice on a daily basis. I know that each of you are extremely patriotic and are compassionate about the freedoms and security we all enjoy. You prove to the Nation again and again that you are the heroes of today.

During this holiday season come together with your families and reflect on the selfless sacrifices that you and others

make. Without these sacrifices our entire way of life is in jeopardy. We have seen the evil in the world. Some of us have been touched by the evil in the world. Celebrate in the fact that for all the attempts to change our way of life, to make us cower in our homes in fear, to loose faith in our government, we continue to prevail and continue to live our lives with freedom as Americans.

I also ask that sometime during the holidays you take a moment to think about those with whom we share a special bond. Those servicemen and women who are on duty around the world and cannot share the time with their families and those comrades in arms who have given their life so that we may enjoy this holiday.

I am very proud of all of you and am privileged to be your commander. Have a safe and joyous holiday season.

## Happy Holidays!



Greek origin. The word for Christ in Greek is Xristos (pronounced "Christos").

During the 16<sup>th</sup> century, Europeans began using the first letter of Christ's name, in place of the word Christ as a shorthand form of the word.

So, really, Xmas is not a bad term. But now it seems the word Christmas or Xmas is completely gone from public places, retail stores, and greeting cards.

More important than the word Christmas is the spirit of Christmas, the spirit of giving so exemplified by Christ, who gave his life for us. I am proud of our unit's participation in a variety of Christmas projects.

Keep it up, and let's do even better this year!

## Chaplain's Corner

By Chaplain (Capt.) Dwight Magnus  
507th Chaplain's Office

I love Christmas.

The sights, sounds, smells of the season are spectacular. But I admit to getting upset about attempts to get Christ out of Christmas. He is indeed the reason for the season.

It always bugged me that people would shorten Christmas to Xmas. I soon found out that the term Xmas was of

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35th Combat Comm Sq.- TSgt. Bryon Carlson

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This is your news source. Take it home with you to share with family, friends, and employers.

### On The Cover



The Combined Air Force Reserve annual banquet was held Nov. 2, as unit members watched SMSgt. Anthony Stewart receive the Billy Hughes Memorial Award. See related photos and article on page 4-5.

Photo courtesy of Lonnie Brewer, Digital Express Photography

DECEMBER 2002

"Readiness Is OUR Number One Priority"



507 ARW



513 ACG

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NEWS / INFORMATION / FAMILY READINESS / MORE!

507th AIR REFUELING WING  
and  
513th AIR CONTROL GROUP

TINKER AFB OKLAHOMA



[www.afrc.af.mil/507arw](http://www.afrc.af.mil/507arw)

# Hughes Award nominees 2002



TSgt. Jimmy R. Thompson Jr.  
507<sup>th</sup> AGS



MSgt. Jodie D. Zollo  
507<sup>th</sup> CES



Amn Lynette Liginu  
507<sup>th</sup> MSS



SMSgt. Debra J. Clancy  
507<sup>th</sup> CLSS



MSgt. Justin P. Martin  
507<sup>th</sup> MDS



MSgt. Steven C. Switzer  
465<sup>th</sup> ARS



TSgt. Joe S. Shrock  
507<sup>th</sup> LSS



SMSgt. Ricky A. Skelton  
507<sup>th</sup> OSF



TSgt. James A. Moore  
507<sup>th</sup> MXS



SSgt. Brent D. Slaterry  
35<sup>th</sup> CBCS

"Readiness Is OUR Number One Priority"

DECEMBER 2002

# Stewart receives 2002 Hughes Award

SMSgt. Anthony Stewart was named the 2002 Billy Hughes Memorial Award recipient last month.

The Billy Memorial Hughes Award for exemplary enlisted service was established in 1998. The award recognizes an enlisted member who best exemplifies the Air Force Core Values of Integrity First, Service Before Self, and Excellence in All We Do. The annual award commemorates the life of TSgt. Billy Lee Hughes, an Air Reserve Technician who died while serving on active duty with the unit.

Sergeant Stewart, an Air Terminal Operation Center Superintendent for the 72 Aerial Port Squadron, was presented the award during the annual Reserve Dining Out banquet held Nov. 2<sup>nd</sup>.

As the 72 APS Air Terminal Operation Center Superintendent, Stewart is recognized as being committed to his career, his community, and his country. According to Lt. Col. William Taylor, 72 APS commander, SMSgt. Stewart brings a high level of energy to his role. He spearheaded the "Recruiting Team" where they had over 400 prospects

aligned with the wing's recruiters. He continually strives to improve policies and procedures. His commitment ensures troops are 100 percent mobility ready. Stewart's proactive leadership example has set the benchmark for many.

Sergeant Stewart's self-improvement efforts have enabled him to seek out a wide variety of professional development opportunities. He currently holds a Bachelor of Business Administration, a Master of Science in Management, and a teaching certificate, with teaching endorsements in business, management and marketing, from the State of Oklahoma. Stewart's professional military education includes the Air Transportation Management Course and the Senior Non-Commissioned Officer Program.

On his free time Stewart volunteers for numerous community organizations. His civic commitment has benefited groups like the Jaycees, Boy Scouts, and the Rock Knoll



2002 Hughes Award winner  
SMSgt. Anthony Stewart

Homeowner's Association, where he protects his neighborhood as a security patrolman.

He is a member of the USAF Sergeant's Association, Top 3, Enlisted Club, and the Tinker Management Association. He tutors middle school students, mentors foster children, and serves as an usher at Village United Methodist Church. Stewart also supports many elderly people by working in a food bank program and takes time in April to winterize the homes of the elderly.

SMSgt. Stewart has donated over nine gallons of blood to the Oklahoma Blood Institute.

According to Colonel Taylor, Stewart has been a main stay of the 72 APS. "He is professional, dependable, and always present. He is one of the wing's most proficient and hardest working NCOs. We are delighted he was chosen."



CMSgt. Robert Kellington, Mrs. Patricia Hughes, and Col. Dean Despinoy present the 2002 Billy Hughes Award to SMSgt. Anthony Stewart.

Photo courtesy of Lonnie Brewer, Digital Express Photography

DECEMBER 2002

"Readiness Is OUR Number One Priority"

## Members selected for Quarterly Awards

Quarterly winners for the 4<sup>th</sup> quarter of fiscal year 2002 have been selected. Award winners include MSgt. Scott Olsen, Senior NCO of the Quarter; TSgt. Timothy A. Parker, NCO of the Quarter; and SrA Courtney S. Penn, Airman of the Quarter.

**MSgt. Scott Olsen** is NCOIC of Vehicle Maintenance, for the 507<sup>th</sup> Logistics Support Squadron.

"Olsen demonstrates outstanding initiative and is a decisive, action-oriented individual," says Maj. Sandra Brooks, 507<sup>th</sup> LSS commander.

In support of joint service Exercise SEAHAWK 02, Olsen was hand-picked by HQ AFRC as a key battle staff member to head all transportation requirements. He managed an 11-person team, directly responsible for and tracked 26 government-owned vehicles and 38 rental vehicles and scheduled/dispatched vehicles, ensuring all using organizations on base met the mission requirements.

When not at work, Olsen demonstrates a genuine concern for fellow citizens in his hometown of Sublette, Kansas. He coordinated and taught fire prevention and safety to students at three elementary schools. He has been a member of the local volunteer fire department for 11 years, serves as the training officer for the department, and trained 75 people on fire rescue procedures. Olsen was elected commander of the Sublette American Legion Post #205 for four consecutive terms.

**TSgt. Timothy A. Parker** is an aircraft structural maintenance technician with the 507<sup>th</sup> Combat Logistics Support Squadron and works as a civilian at the Oklahoma City - Air Logistics Center.

"Parker has a natural flare for teaching and training others and he frequently trains aircraft structural technicians on other teams," said Maj. Donald E. Harlan, 507<sup>th</sup> CLSS commander. He has served as mentor to younger airmen and is a certified trainer for new employees in his civilian job.

He has been an active member of the Air Force Sergeant's Association for three years and is an outgoing, positive role model for his local community. He sings in the choir, coaches little league football, attends his children's school functions, and still volunteers to assist his local community with improvement projects.

**SrA Courtney Penn** is an information management specialist with the 507<sup>th</sup> Logistics Support Squadron. She is the squadron's first choice when it relates to the most complex, demanding and/or critical tasks. She can maintain budgets for mandays and RMPs, process manday orders, oversee awards and decoration program, etc., and still have time for little details to keep the squadrons running.

Dedicated to receiving her masters degree in human relations from the University of Oklahoma, Penn attended 18 semester hours, attaining a 3.67 grade point average and making the presidential honor roll.

Penn is the first to volunteer in all capacities with squadron and wing functions. She is vice president of the 507<sup>th</sup> ARW Enlisted Advisory Council, spearheading numerous fundraisers for the EAC.



**MSgt. Scott Olsen**  
Senior NCO of the Quarter



**TSgt. Timothy Parker**  
NCO of the Quarter



**SrA Courtney Penn**  
Airman of the Quarter

## Brother and sister earn chief rank

Is it possible to have too many "chiefs" in one family? Not according to two 507<sup>th</sup> ARW reservists Charlotte Epps and A.J. Stanford, the first sister and brother to achieve the rank of chief master sergeant within the 507<sup>th</sup> ARW.

A.J. Stanford was promoted to chief master sergeant on Sept. 1, 2002 and Charlotte became a chief on April 1, 2000.

"A.J. beat me when we were growing up, but I beat him to chief," quipped Chief Epps. A.J. replied, "Charlotte may have more time in grade than me, but I get to retire first."

Epps is an Air Reserve Technician and Chief of Education and Training, for the 507<sup>th</sup> Mission Support Squadron. She is responsible for managing all aspects of the education and training programs for all Reserve and civilian personnel assigned to the 507<sup>th</sup> Air Refueling Wing and the 513<sup>th</sup> Air Control Group.

Epps has been in the Air Force Reserve since February 1977. She was assigned as the Personnel Superintendent prior to her current assignment as Training Superintendent in November

1997. "I came to work for the 507<sup>th</sup> as a civilian employee in 1975," said Charlotte.

"I worked here a little over a year and liked what I observed. I decided I really wanted to join because I wanted to be in the military and in this unit, because the 507<sup>th</sup> was like a big family. My goal was to make chief master ser-

Air Mobility Wing, Air National Guard where he served almost 25 years. He was assigned as the Deputy Fire Chief. Stanford served two years with the United States Army. He did a one-year tour in Vietnam as a Fire Direction Control Specialist. In his civilian career, Chief Stanford has been with the

Tinker Fire Department since February 1974 and is currently the Assistant Chief of Special Operations.

"In 1976 we were needing money, as all newlyweds do, and my wife said I needed to think about getting a part-time job. So fulltime firefighter - part-time firefighter - I can do this," said Chief Stanford. "I always told everybody that I was basically lazy and didn't want to

learn another career field, but after I passed 10 years, I had too much invested."

Chief Epps and Chief Stanford both grew up in Newcastle, Oklahoma, and graduated from Newcastle High School.



**Charlotte Epps and A.J. Stanford**

geant someday, and I was very happy when I finally achieved that goal."

Chief Stanford is the Fire Chief for the 507<sup>th</sup> Civil Engineer Squadron. He is responsible for managing a 24-man Fire Department. He transferred to the Air Force Reserve in July 2001 from the 137<sup>th</sup> Civil Engineer Squadron, 137<sup>th</sup>



## 513th ACG Commander's Column

By Col. James Kerr

### Operation Holiday Spirit

If you haven't heard by now, Operation Holiday Spirit (OHS) is up and running. Many of us were out last night to partake in a wonderful fund-raiser dinner cooked by former "Okie" TSgt. Chuck Dixon, who is now retired. Chuck has been our cook for the OHS dinner since 1999—the program's first season. Two of those years he has volunteered his time to come and prepare this fabulous meal "out of retirement." Also, our hats are off to MSgt. Kathy Lowman, 465<sup>th</sup> ARS, for orchestrating the meal. Kathy, you never let us down.

Now, Operation Holiday Spirit, incase you haven't heard, is our Reserve campus fund-raiser to help those of whom are much less fortunate, those particularly with hardships beyond

their control - targeting first our own Reserve families. In the last three seasons, we have collected over \$9,000. Of that nine grand we have assisted 43 Reserve families and provided 16,537 meals to the homeless. Over and above that, we have donated 12 large boxes of toys, 209 large boxes of clothing to needy families, and provided 1,019 stuffed Christmas stockings to needy children in the OKC area. What a contribution! I am thankful to be a part of this culture, for you are a giving people. And, normally, ones who give unselfishly are usually those of whom are tremendously blessed in return.

OHS runs until Dec. 20th this year. So if you wish to contribute monetarily, 100 percent of the proceeds go directly to the benevolent cause. However, if you don't have the financial ability to contribute, OHS takes new and used clothing of all sizes and shapes. Don't forget about the stockings you may stuff with your choice of items. Last but not least, OHS takes toys new and used.

What a winning team all of you are and what a winning team you shall ever be. All of you have a Safe and Happy Holiday. May God continue His lavish blessings on you all!

## DoD wants 'rebalance' of reserve, active forces

By Kathleen T. Rhem  
American Forces Press Service

WASHINGTON, Nov. 19, 2002 — Certain military job specialties, including military police and civil affairs, are being overburdened in the reserve components and may need stronger representation in the active duty force, the Defense Department's senior adviser on reserve affairs said today.

Thomas F. Hall, assistant secretary of defense for reserve affairs, told a group of reporters today that repeated call-ups of certain specialties might eventually hurt recruiting and retention in the reserve forces.

Hall related his experiences last week in a St. Louis meeting with state representatives for the Employer Support of the Guard and Reserve program. He said employers generally support reserve duty by their workers, but at times it can become a burden, particularly for small businesses and private practices.

"When their reservist ... is mobilized for the first time, it's probably OK," Hall said the state employer representatives told him. "When they're mobilized for the second time, it might be OK. But when they're mobilized the third time in three years running, this causes a particular problem for ... the reservist, their family and the employers."

Still, he cautioned, service members shouldn't look for a mass exodus of specialties being moved from the reserve

components to the active force. He called it more of a "rebalancing."

Hall was sworn in Oct. 9, but he was already familiar with issues facing reserve forces. He previously commanded the Naval Reserve for four years after a 34-year active duty career as a naval aviator.

He said the greatest challenge facing him in his job isn't necessarily about the numbers. Ensuring reserve forces are effective when called is much more important than how many there are, he remarked.

"The guiding principle for all of us should be that we have the right reservist with the right equipment (and) the right training at the right place at the right time to help make a difference in any conflict," he said.

Hall spoke of the heavy burden placed on the reserve components by the war on terrorism. Thousands were called to duty on or immediately after Sept. 11, 2001, when terrorists struck in New York and at the Pentagon.

Today, roughly 51,000 Guard and Reserve members are on active duty across the United States and around the world. At the peak of the call-up, nearly 100,000 reserve component members were activated. In all, roughly 130,000 reserve troops have served in support of operations Enduring Freedom and Noble Eagle.

### FREE COLLEGE TESTING

Air Force Reserve members, spouses and civilian employees may take DANTES Subject Standardized Tests (DSSTs) or College-Level Examinations Program (CLEP) or Excelsior College Examinations (ECE) FREE! (Military Only for Excelsior examinations). These examinations test college-level knowledge you may have gained through your job, reading, travel, or hobbies. You must test at your Reserve DANTES approved test center. Testing at another DANTES test center will be on a case-by-case basis. The third Tuesday of each month at 0800 has been set aside for testing. You must call us four weeks prior to test date to ensure we will have your test. For more information contact CMSgt. Epps in the MPF Education & Training Office at 734-7075.

### PROFESSIONAL CERTIFICATION

Become a certified professional in a field related to your military training. DANTES and AFRC funded certification examinations are available for certain career fields. Go to <http://www.voled.doded.mil/dantes/cert/index.htm> and click on USAF Matrix which identifies the eligible AFSCs, certification exams available and internet addresses for more info. If you desire to take an exam, contact CMSgt. Epps in the MPF Education & Training Office at 734-7075.

### TUITION ASSISTANCE

Reserve members are eligible to apply for TA for Distance Learning and In-Residence courses to further their education up to a Master's Degree.

The basic enrollment requirements are that, you must:  
Be a participating member in good standing (no UIF, Article 15, etc.).  
Must have two years retainability at time of application.

Enrollment form must show course number/title, credit hours and cost of tuition. Complete TA forms in our office PRIOR to class start date.

HQ AFRC will approve/disapprove based on funding.

Payment occurs after satisfactory course completion. TA reimbursement amounts are set at 75 percent (\$3500) per FY (Masters) or 100 percent (\$4500) per FY (Bachelors). For more information contact CMSgt. Epps in the MPF Education & Training Office at 734-7075.

### NCO Academy In-Residence

Listed below are the FY NCO Academy In-Residence class dates: A letter of recommendation from your unit commander must be forwarded to 507 MSS/DPMT not later than 60 days prior to class start date:

Class	Quotas	Dates	Location
2003-3	1	25 Feb - 03 Apr 03	Tyndall AFB, FL
2003-4	1	15 Apr - 22 May 03	Tyndall AFB, FL
2003-6	1	04 Aug - 11 Sep 03	Tyndall AFB, FL
2003-7	1	22 Sep - 30 Oct 03	Tyndall AFB, FL

### VA BENEFITS

Effective 1 June 2002, members receiving chapter 1606 benefits (Reserve), will be required to call in each month to certify their hours. On the first of each month members must call 1-877-823-2378 or 1-888-442-4551, option #1, to receive pay for the previous month. If you fail to call in your check will not be released. Remember, it is your responsibility to do this. If you receive a denial letter from the VA, please call DPMT at 734-7075, and provide us a copy.

### HOT TOPICS:

CDC Testing is accomplished at 0750 on Sundays of the (main) UTA. You do not have to schedule it, just be there NLT 0750 at Bldg 460 (the active duty HQ), Room 215. You need to enter through the MPF main door (in the back near the ramps), turn right and take the stairs. If you cannot make it, our Education office also tests on Wednesdays at 0800 and 1300. You DO need to schedule this one 24 hours in advance. Important note: If you are retaking a test, make sure you bring the Commander's evaluation/authorization letter with you or you will not be allowed to test. If you are testing for Course 5A, call DPMT at 734-7075 at least two days prior to the UTA. Course 5 tests are also given Tues at 0730, Wed at 0800 & 1300, and Thurs at 1330. Call for appointment.

### EDUCATION REMINDER

This is just to remind everyone who wishes to update their Education Records, officer and enlisted, that we need OFFICIAL Transcripts to send or accomplish any updates. This means that it CANNOT say "ISSUED TO STUDENT." You may have the college/university send it, we can request it, or you may bring it in as long as it is in a sealed envelope with a SEAL on the flap AND it does not say "ISSUED TO STUDENT."

Pass and ID Hours of Operation 1200-1600 on Saturdays of the UTA. IEU OPEN FROM 1200-1500 ON SATURDAY OF THE MAIN UTA. Nomination packages for AMN, NCO, or SNCO of the quarter are submitted quarterly. Packages are due by COB, on Saturday of the UTA after the end of the quarter. (Jan, Apr, Jul, Oct)

### FY2003 UTA SCHEDULE

11-12 Jan 03	07-08 Jun 03
01-02 Feb 03	12-13 Jul 03
01-02 Mar 03	09-10 Aug 03
05-06 Apr 03	06-07 Sep 03
03-04 May 03	

As of 20 November 2002

## TRAINING PLANNER

**Fri, 06 Dec 2002**

1300	Pre-UTA Cmdr Staff Mtg	513th ACG Conf Room
1430	Pre-UTA First Sgts Mtg	Bldg 1043, ATN Room
1600	Top 3 Executive Board Mtg	Bldg 1066, OG Conf Room

**Sat, 07 Dec 2002****Unit Designated Sign In**

0730-0930	Newcomers In-Processing	Bldg 1043, Room 201C
0730-0900	Wing Training Office Closed	Bldg 1043, Room 206
0815-0930	Unit Career Advisors Mtg	513th ACG Conf Room
0900-1000	6 Month Contact Mtg	Bldg 1043, CC Conf Room
0900-1000	3A0X1 Info Mgmt Tng	Bldg 1066, OG Conf Room
<b>0915-1115</b>	<b>Computer Based Testing</b>	<b>Bldg 1043, ATN Room</b>
1000-1130	Newcomers Orientation	Bldg 1030, Room 214
1000-1100	Mobility Rep Meeting	To Be Determined
1030-1130	First Sgts Meeting	Bldg 1043, CC Conf Room
1300-1530	Newcomers Ancillary Tng Ph I	Bldg 1030, Room 214
1300-1400	Adverse Actions Mtg	Bldg 1043, Wing CC's Office
1400-1500	Training Managers Mtg	Bldg 1043, CC Conf Room
<b>1600-1630</b>	<b>Protestant Chapel Service</b>	<b>513th ACG Conf Room</b>

**Unit Designated Sign Out****Sun, 08 Dec 2002****Unit Designated Sign In**

<b>0730-0800</b>	<b>Protestant Chapel Service</b>	<b>513th ACG Conf Room</b>
0730-0930	MPF Closed for In-House Tng	Bldg 1043
<b>0750-1115</b>	<b>CDC/PME Course Exams</b>	<b>Bldg 460, Room 215</b>
0800-1115	Newcomers Ancillary Tng Ph II	Bldg 1030, Room 214
0830-0930	Enlisted Advisory Council	Bldg 1043, CC Conf Room
0830-1030	Supervisor Safety Training	Bldg 1030, Room 104
0900-1000	3A0X1 Info Mgmt Tng	Cancelled
<b>0930</b>	<b>Catholic Chapel Service</b>	<b>Base Chapel</b>
1115	Escorts pick-up Newcomers	Bldg 1030, Room 214
1300	SORTS/Post UTA Mtg	Bldg 1043, CC Conf Room
1400-1500	IG period w/Capt. Vardaro	Bldg 1043, Room B-1
1500	Fly Safety Mtg	Bldg 1048, OPS Briefing Room

**Unit Designated Sign Out****Fri, 10 Jan 2003**

1300	Pre-UTA Cmdr Staff Mtg	513th ACG Conf Room
1430	Pre-UTA First Sgts Mtg	Bldg 1043, ATN Room
1600	Top 3 Executive Board Mtg	Bldg 1066, OG Conf Room

**Sat, 11 Jan 2003****Unit Designated Sign In**

0730-0930	Newcomers In-Processing	Bldg 1043, Room 201C
0730-0900	Wing Training Office Closed	Bldg 1043, Room 206
0815-0930	Unit Career Advisors Mtg	513th ACG Conf Room
0900-1000	6 Month Contact Mtg	Bldg 1043, CC Conf Room
0900-1000	3A0X1 Info Mgmt Tng	Bldg 1066, OG Conf Room
<b>0915-1115</b>	<b>Computer Based Testing</b>	<b>Bldg 1043, ATN Room</b>
1000-1130	Newcomers Orientation	Bldg 1030, Room 214
1000-1100	Mobility Rep Meeting	To Be Determined
1030-1130	First Sgts Meeting	Bldg 1043, CC Conf Room
1300-1530	Newcomers Ancillary Tng Ph I	Bldg 1030, Room 214
1300-1400	Adverse Actions Mtg	Bldg 1043, Wing CC's Office
1400-1500	Training Managers Mtg	Bldg 1043, CC Conf Room
<b>1600-1630</b>	<b>Protestant Chapel Service</b>	<b>513th ACG Conf Room</b>

**Unit Designated Sign Out****Sun, 12 Jan 2003****Unit Designated Sign In**

<b>0730-0800</b>	<b>Protestant Chapel Service</b>	<b>513th ACG Conf Room</b>
0730-0930	MPF Closed for In-House Tng	Bldg 1043
<b>0750-1115</b>	<b>CDC/PME Course Exams</b>	<b>Bldg 460, Room 215</b>
0800-1115	Newcomers Ancillary Tng Ph II	Bldg 1030, Room 214
0830-0930	Enlisted Advisory Council	Bldg 1043, CC Conf Room
0830-1030	HazCom Training	Bldg 1030, Room 104
0900-1000	3A0X1 Info Mgmt Tng	Bldg 1066, OG Conf Room
<b>0930</b>	<b>Catholic Chapel Service</b>	<b>Base Chapel</b>
1115	Escorts pick-up Newcomers	Bldg 1030, Room 214
1300	SORTS/Post UTA Mtg	Bldg 1043, CC Conf Room
1400-1500	IG period w/Capt. Vardaro	Bldg 1043, Room B-1
1500	Fly Safety Mtg	Bldg 1048, OPS Briefing Room

**Unit Designated Sign Out**

## ATTENTION

A reservist who is called to active duty upon mobilization will automatically receive SGLI coverage at the maximum coverage amount (\$250,000) effective on the date of mobilization. The reservist may decline or elect coverage in any lesser amount evenly divisible by \$10,000 increments by completing and submitting the Form SGLV 8286, SGLI ELECTION AND CERTIFICATE. The reduction or cancellation is effective the first day of the next month following receipt of the election. If the member desires maximum coverage, no action is required. Premiums will be deducted from the member's pay during coverage periods.

## Newcomers Ancillary Training

Newcomers Ancillary Training Phase I & II are conducted monthly in Bldg 1030, Room 214. Unit training managers are responsible for ensuring their new personnel are scheduled to attend within 90 days of their first UTA. If you have any questions, contact the MPF Education & Training Office at 734-7075.

Day	Time	Subject	OPR
<b>Phase I</b>			
Saturday	1300-1400	Information Assurance	CF
Saturday	1400-1500	Drug and Alcohol, Suicide/ Workplace Violence Prevention	SG
Saturday	1500-1530	Local Conditions-Traffic	SE
<b>Phase II</b>			
Sunday	0800-0830	Base Populace	CEX
Sunday	0830-0845	IG Briefing	IG
Sunday	0845-1015	UCMJ/Ethics	JA
Sunday	1015-1045	Counter Intel /Awareness	SFS
Sunday	1045-1115	Human Relations	ME

### UCMJ Briefing

All enlisted personnel are required to have the UCMJ briefing within two UTAs of their first reenlistment. This briefing is held during Phase II of the monthly Newcomers Ancillary Training at 0845 on Sunday of the UTA in Bldg 1030, Room 214.

### Ethics Briefing

All reserve personnel are required to have the DOD Ethics Briefing within 90 days of reporting for duty. This briefing is held in conjunction with the UCMJ briefing during Phase II of the monthly Newcomers Ancillary Training at 0845 on Sunday of the UTA in Bldg 1030, Room 214.

### Disaster Preparedness

Unit Training Managers must schedule Chemical Warfare Training, by name, at least one UTA prior to the requested dates by calling CEX at 734-4460. All personnel must bring a complete training ground crew ensemble (GCE) including the mask and its hood to all classes. Those attending Initial must be prepared to process through a tear agent chamber. Wear of contacts is prohibited in all classes. Anyone arriving late, without a complete GCE with mask, or wearing contacts, will be released back to their unit and reported as a no-show.

### Drug Testing

You must report within two hours of notification.

## Military Pay

File for pay by:	Receive Direct Deposit by:
10 Dec	18 Dec
12 Dec	20 Dec
16 Dec	24 Dec
17 Dec	31 Dec
18 Dec	01 Jan
27 Dec	03 Jan
30 Dec	08 Jan
02 Jan	10 Jan
07 Jan	15 Jan
09 Jan	17 Jan
14 Jan	22 Jan
Military Pay (405) 734-5016	

## BAQ Recertification Deadlines

If Last Digit of SSAN is:      Then Forward Listing to Unit Commander in:      Recertification due in month in:

1	November	January
2	December	February
3	January	March
4	February	April
5	March	May
6	April	June
7	May	July
8	June	August
9	July	September
0	August	October

(Units will no longer receive notification for recertification from pay).

If you need assistance or have suggestions on how we can improve our service to you, please call us at (405) 734-7075, or stop by our office in Bldg 1043, Room 206.

Editor: CMSgt. Sharlotte A. Epps, Chief, Education & Training (ART)  
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TSgt. Melanie E. Cherry, Education and Training Advisor  
SSgt. Lisa M. Bingenheimer, Education and Training Advisor  
Mr. John Baker, Education and Testing Services Advisor

# If you don't do it – who will?

By CMSgt. Robert W. Kellington  
507<sup>th</sup> ARW Command Chief  
Master Sergeant

Many of you have heard me say in meetings or briefings, "If you don't do it – who will?" This pertains to many aspects of our lives. You have already stepped up and volunteered to serve your country in the greatest Air Force in the world. I ask you now to consider serving yet in other capacities.

Honor Guard – make no mistake we will all have the opportunity to use them. Whether at social functions and lastly as we do our part to bid a veteran a fond farewell for a job well done. The families cherish what you do as an Honor Guard member.

You will also cherish the memories and take to heart that you have done your part to make a day special. At one time we had 17 reservists participating.

Currently, we have seven serving. They need our help now. If you can support them and become a member please sign up, complete the training. I assure you – you will not regret it.

Enlisted Club Membership – You can join and it is free through January 2003. You get 10 percent off your meals, they have drawings for members – free TVs, VCRs, etc. Lots of great stuff.

This is one of the benefits we will lose if we do not support it. Please join. See ya there!!!

Tinker Chief's Group, Reserve Top 3 and Enlisted Advisory Council (EAC) – I am proud to say that we are strong in these areas, 100 percent of our chiefs belong to the Chief's Group, and our Top 3 is tremendous and receives accolades from all who deal with them. Other bases/Reserve units want to know how they can emulate us.

Our EAC has been recognized as one

of the best and continues to provide input to the commander regarding issues/concerns. Air Force Sergeants Association, Non-commissioned Officers Association, Reserve Officers Association, etc., are our voice to our political leaders. They are fighting to keep our rights and benefits. All of these organizations are only as strong as the membership and support provided by us.

Many of you went above and beyond to help Tinker exceed its CFC goal of \$1.1 million. Tinker contributed \$1.4 million plus. Your generosity, volunteerism, and pride in our Wing equate to what being an "SH OKIE" is all about. Please continue to support these organizations and take an active role in making them stronger.

I am proud of all of you and because of you I have the greatest job in the Air Force – working for you!!!

## Your Wing Inspector General: An introduction

By Capt. Mark A. Vardaro  
507<sup>th</sup> ARW Inspector General

As the Wing Inspector General, I have several roles to play. I am the "eyes and ears" of the wing commander and keep him informed of potential areas of concern that are brought to my attention.

This helps the commander prevent, detect, and correct fraud, waste, and abuse and mismanagement. But it also helps the commander dispel rumors, allay fears, and improve morale by addressing these concerns with the entire wing or with a particular unit or section.

However, I am also YOUR IG and the ombudsman, fact-finder, and honest broker who helps you resolve issues between you and your chain of command or with base



agencies. The most effective way to resolve these matters is still with your chain of command and that's where you should first turn. But sometimes that doesn't work or you just don't know where to turn for help.

In those cases, I am here to help you resolve your problem or get you in touch with the agency that can.

If you need to speak to me, I am located in Room 1, of the Headquarters Building, and can be reached on base (during UTAs) at 734-6910, by cell (throughout the month) 245-7341, or e-mail address vardaro@earthlink.net.

# Zollo selected best in AFRC

By Maj. Rich Curry  
507<sup>th</sup> ARW Public Affairs

Air Force Reserve Command officials have announced the selection of MSgt. Jodie D. Zollo, 507<sup>th</sup> Civil Engineer Squadron (CES), as the command's Outstanding Air Reserve Technician for FY 2002.

Zollo joined CES as a full-time technician in November of 2000 and serves as NCOIC for Operations Management.

"We are very proud of her," said Lt. Col. J. Renee Lane, 507<sup>th</sup> CES commander. "We have great people in our squadron. We've won AFRC awards three times in the past four years. MSgt. Denise Bralley won this same award in 1999 and MSgt. Matthew Diggs was the AFRC Superintendent Manager of the Year in 2000. Jodie is the heartbeat of our squadron, a top performer!"

Zollo is highly praised for her job performance. She coordinated the unit deployment in support of project New Horizons 2002 - Joint Task Force (JTF) Chontales, Nicaragua, and then deployed in on the ADVON team to become acting First Sergeant during the two week event. Her outstanding efforts were praised highly essential to the overall success of the deployment. Zollo was singled out by AFRC inspectors during the April 2002 UCI for her profound knowledge and unparalleled quality of management.

She is a highly effective, trustworthy team player. She is solely responsible for managing over \$2 million in squadron supplies and equipment to include mobility bags, weapons, ammunition, consolidated tool kits, tools and home

station training assets. Also, as Squadron Resource Advisor, she manages the squadron's \$250,000 O&M and RPA funds for Prime BEEF Operations, Fire and Readiness Flights.

Her on-the-job initiative is credited for providing the squadron with unparalleled support to the mobilization and deployment of 26 unit members in support of Operation Enduring Freedom, Nobel Eagle and Southern Watch deployments. She also developed and maintained squadron recall and communications out, mobility and deployment plans.

She aggressively volunteers countless hours of personal time to coordinate and participate with local community to include supporting The March of Dimes, The Muscular Dystrophy Association and Habitat for Humanity. She also coordinates squadron fund-raisers and developed a creative certificate to recognize individual squadron members' volunteer efforts. She belongs to several professional military organizations such as

Women in Military Service For America Foundation Inc., Air Force Sergeants Association, and the Tinker Air Force Base Reserve Top 3.

"Jodie is a highly effective and innovative team player, entrusted with the highest levels of responsibility," Lane said. "Her superior leadership and management skills enable her to make significant and lasting contributions to the mission of the 507<sup>th</sup> ARW and the 507<sup>th</sup> CES."



MSgt. Jodie D. Zollo

## Oklahoma college assistance programs abound

By 1st Lt Bill Pierce  
507th Public Affairs Office

**Editor's Note:** In his civilian position, Lieutenant Pierce works for the Oklahoma City Public School System as the Technology / Science Curriculum Alignment Coach for the public school system's GEAR UP Program.

Regardless of your socioeconomic status, planning and paying for college tuition can be a burden. Whether you need help paying for college tuition or need assistance paying off existing student loans, there are numerous programs in place that may help your situation.

### OKC – GO

OKC – Go is a program offered through Oklahoma City Community College. The program offers Oklahoma City Public School graduates two years of college for free.

To take advantage of this program, students must immediately enroll in classes at Oklahoma City Community College. Once enrolled students receive 24 credit hours of tuition assistance during their freshman year. Students earn continuing assistance by demonstrating academic progress.

For more information contact the OKC – GO Coordinator Craig Robinson at (405) 682-1611, Ext. 7616.

### Oklahoma Higher Learning Access Program (OHLAP)

The Oklahoma Legislature established OHLAP to assist young Oklahomans achieve their college dreams for free. This program eliminates the burden of paying for college tuition and allows you and your child to focus on the academic requirements of this program.

Under OHLAP a parent or guardian must enroll their child during their 8<sup>th</sup>, 9<sup>th</sup>, or 10<sup>th</sup> grade year by completing and submitting the OHLAP application. This agreement commits parents or guardians to helping their child successfully complete the program's requirements. In addition, the family's household income cannot exceed \$50,000 annually.

Graduating students meeting the program's requirements have up to three years following graduation to start taking college classes. Students may receive



funds up to five years after enrolling in college.

For more information on the OHLAP program visit the OHLAP website at [www.okhighered.org/ohlap](http://www.okhighered.org/ohlap) or contact your child's school counselor.

### SmartStart

Unlike the previous two programs, SmartStart allows people over 17 years of age to participate. Whether you have a need for volunteers to tutor / mentor students, you're searching for a way to pay for college tuition, or you are looking for a way to pay for student loans, the SmartStart program may be for you.

SmartStart is a program offered through the Oklahoma State Regents for Higher Education and is funded by AmeriCorps. The program goal is to

reduce dropout rates and increase student achievement by placing committed volunteers in Oklahoma schools and communities.

To participate in this program volunteers must complete an application and contract outlining the number of volunteer hours you agree to work. Participants can sign up for 300, 425 or 900 hours.

Volunteers who successfully complete their commitment receive an AmeriCorps Educational Award. Awards can be applied to current or future college expenses or existing Stafford and Perkins student loans. The amount of the award is determined by the number of volunteer hours you serve.

Please keep in mind if you sign up for 425 or 900 hours you must complete your agreement. If you fall short on hours you cannot go down to the previous level (e.g. a person who signs up for 425 hours but only completes 375 hours cannot receive the 300 hour award. They would receive nothing). To maximize your award, sign up for 300 hours and remain there until you are confident you will acquire the necessary hours to achieve the next award level. The various levels and educational awards are:

300 hours = \$787.50  
425 hours = \$1,115.62  
900 hours = \$2,362.50

Furthermore, by signing up for this program you can reflect your affiliation with AmeriCorps on your resume. This could potentially assist with college entrance requirements, career advancement or future employment opportunities.

For more information contact Jamie Lindsey at the Oklahoma State Regents for Higher Education office at 405-225-9195 or visit the SmartStart website at [www.okhighered.org/smartstart](http://www.okhighered.org/smartstart).

## Other paths exist to complete degree

Assistance is available for distance learning and traditional, resident courses taken through a college or university that is nationally or regionally accredited by an accrediting body recognized by the Department of Education. That accreditation includes the DANTES (Defense Activity for Non-Traditional Education Support) Standardized Subject Tests.

DANTES also provides 32 national certification programs through national agencies. Within these programs, there are 104 types of certification examinations.

"These certification tests must be AFSC-related," said Master Sgt. Dave Rollins, chief of education programs at Headquarters AFRC. "However, we review requests by members who wish to test outside their AFSC on a case-by-case basis and availability of funds."

Certification testing includes, among

other agencies, the National Institute for Automotive Service Excellence, the National Registry of Emergency Medical Technicians and the Food Protection Certification Program.

People who work in an Air Force specialty code that requires one of these certifications are twice as lucky if their civilian job is in the same field. If they take the certification test outside of the Air Force, for their civilian jobs, they may be able to get reimbursed by the Air Force.

Reservists pay in advance for AFRC-funded national certification tests. They are reimbursed for the cost of the test, not the application fee, by the command through DANTES.

Another option for reservists is the College Level Examination Program. Cost-free CLEP tests offer a means of obtaining college-level credit without

having to attend classes.

The Air Force Reserve also recognizes the importance of helping civilian employees and reservists' spouses. In February 1996, the command began offering free CLEP and DANTES opportunities to spouses. Twenty months later, it extended the same opportunities to Reserve civilian employees.

There's a catch: The civilians and spouses can only take the tests at AFRC facilities. Civilians must present their Air Force Form 354, Civilian Identification Card, at test time, and spouses must have their DD Form 1173, Dependent Identification Card.

More information about education opportunities is available on the AFRC restricted Web site under HQ Directorate/Personnel (DP)/Training. (AFRC News Service)

## Rule changes allow more reserve combat vets to qualify for medical care regardless of cause

By 2<sup>nd</sup> Lt. Lance T. Patterson  
Air Force Reserve Command Public Affairs

ROBINS AIR FORCE BASE, Ga. – Air Force reservists who serve on active duty in a combat zone on or after Nov. 11, 1998, may qualify for Department of Veterans Affairs medical benefits.

For most conditions, eligible members receive two years of free VA medical care from the date of discharge from active duty. To qualify, reservists must complete the specified tour of duty on their mobilization orders but they only need to be in a combat zone one day to get VA hospital care, outpatient services and nursing care.

"This type of concern for military members who serve in combat areas puts the VA out in front," said Lt. Col. Alexander Alex, associate administrator of health services management in the Office of the Command Surgeon at Headquarters Air Force Reserve Command. "However, it is also the individual's responsibility to apply for the benefits at the VA."

Veterans who served in combat before Nov. 11, 1998, have

to prove that a medical problem is connected to their military service to receive free VA care for that condition, or they must have relatively low incomes. Those who serve in a combat zone or in comparable hostilities on or after that date don't have to prove either a service connection for their healthcare problems or that they have low incomes.

"We are able to help the newest generation of combat veterans serving in Afghanistan and engaged in the war against terrorism in ways not available to previous generations of veterans," said Secretary of Veterans Affairs Anthony J. Principi in a VA news release Oct. 15.

"The wounds of military conflicts are not always obvious," Principi said. "We must be ready to assist combat veterans who have medical problems that are unexplained or difficult to diagnose."

Locations of VA medical facilities are available by checking the local telephone book, going to the VA Web site [www.va.gov](http://www.va.gov) or calling 1-877-222-VETS (8387). (AFRC News Service)

# Reservists open hearts to those less fortunate

With the holiday season in full swing, reservists from the 507th Air Refueling Wing and 513th Air Control Squadron have once again stepped up to help others in need.

## Salvation Army stockings

The base Chaplain's office is assisting the local Salvation Army with their annual Christmas Stocking program.

Last year, the 507th ARW and 513th ACG set an all-time record producing 393 filled stockings, stated Maj. Ralph Hawkins, 513th Executive Officer and co-coordinator for this year's event. Hawkins added that this year, the 507th and 513th campus has received 400 stockings (200 Red stockings for boys and 200 Green stockings for girls).

Hawkins encourages unit members to stop by his office in Room 128, Building 1056 or co-coordinator Maj. Don Satterlee's office in Room 102, Building 1043 to pick up stockings.

"We will provide a list of recommended stocking fillers. It's very inexpensive to fill these things up and bring joy to the children of less fortunate families," Hawkins said. "Please consider helping with this worth-while project." The deadline for all stockings to be returned is Dec. 18th.

## Operation Holiday Spirit 2002

For the fourth consecutive year, the Air Force Reserve campus will conduct Operation Holiday Spirit.

This program gathers food, toys (new or used), clothing (new or used) and cash donations to help several needy charities in the Tinker AFB and Oklahoma City area.

Previous causes supported by this program include needy Reserve families (as identified by unit First Sergeants), the Downtown Baptist Church (soup kitchen and clothing dispersal), the YWCA Battered Women's Shelter (clothing and toys) and the Salvation Army (toys for children's Christmas stockings).



Since 1999, the men and women of the 507th ARW and 513th ACG have assisted 43 Reserve families during Thanksgiving and Christmas, have collected \$9,003 in cash donations, 371 boxes of clothes, 12 boxes of toys, filled 1,019 Christmas stockings, and have provided 16,537 meals to the homeless. Several members have also served Thanksgiving and Christmas meals to the homeless the past three years.

Reserve members are encouraged to look for collection boxes in their work section or around the unit and participate by giving a donation to support those less fortunate. Cash donations may be presented to any commander or first sergeant.

## Angel Tree gifts aid veterans

During the November drill weekend, the 507th Chaplain's office passed out 40 gift requests for this year's Angel Tree donation program.

The Angel Tree program supports the needs of veterans residing in the VA Home in Norman, Oklahoma.

Those selecting a veteran's name are requested to wrap the present requested on the card and attach the card to the package prior to bringing the gift to Maj. Don Satterlee, 507th ARW Performance Planner, in building 1043. All gifts must be turned in no later than Dec. 11 and they will be distributed to the veterans on Dec. 18. Anyone interested in attending the party at the Veterans home may do so. Contact Satterlee for more information.

"I'm very impressed how supportive our reservists are of this program," Satterlee said. "We're hoping for another great year." This is the fourth year local combined reserve units have participated in this program.

# Keating pledges support for Guard, Reserve

Oklahoma Governor Frank Keating will sign an Employer Support of the Guard and Reserve "Statement of Support" at 2 p.m. Dec. 9 at the State Capitol building.

The National Committee for Employer Support of the Guard and Reserve is a DoD-chartered organization, which was formed in 1972. ESGR's mission is to gain and maintain active support from all public and private employers for the men and women of the National Guard and Reserve as defined by demonstrated employer commitment to employee military service.

By signing Statements of Support for the Guard and Reserve, employers and political leaders demonstrate their support for their National Guard and Reserve employees, and their resolve to bolster the defense of the United States. In addition to pledging the support of the Oklahoma state government as an employer, the Statement of Support serves as an example for private sector employers.

"I am honored I have been asked to participate in this important event," Governor Keating said, adding that he is looking forward to the ceremony.

The event will also mark the first official act of the Oklahoma's newly appointed ESGR Chairman, BG (USA Ret.) John W. Hubbard. Hubbard was officially sworn in Nov. 16 by Assistant Secretary of Defense for Reserve Affairs Thomas F. Hall.

Governor Keating's signing this Support Certificate is an important event for all state employees who are members of the Guard and Reserve," Hubbard said.

Hubbard praised Keating saying "Governor Keating is and has been a strong supporter of those who serve in uniform as a 'Citizen Soldier.'" Hubbard said that immediately following Sept. 11, 2001, Governor Keating directed the state Office of Personnel Management develop an initiative to ensure that any state employee activated to support national defense would not suffer a loss of pay if his or her active duty salary was less than his or her normal state salary.

"That initiative was greatly appreciated and a direct reflection on the outstanding support by our Governor and the state of Oklahoma for all of our Soldiers, Sailors, Airmen and Marines who are currently serving our country," Hubbard said.

Hubbard added that any Oklahoma employer of National Guard or Reserve members can show their support by signing the Support Statement. "I highly encourage all employers to step forward to say 'Yes, I pledge my support to the National Guard and Reserve members,'" Hubbard said.

Employers may obtain their own certificate by calling 228-5811 or e-mail Gary.Jackson@OK.ngb.army.mil. Employers will receive a personalized Statement of Support Certificate for mounting and display in company offices. You may also make arrangements for an official signing ceremony.

# Ten tips offered for financial planning

**1. Pay yourself first** by putting away 10 percent of your take-home pay in a savings account. To accumulate wealth, you must understand the "time value of money" and the impact of compounding interest.

**2. Establish financial goals.** Set immediate, intermediate and retirement savings goals for yourself and your family. Review and update your goals annually.

**3. Establish a budget and stick to it.** Track your expenses — small purchases add up quickly. A daily cup of coffee can cost you \$200 a year.

**4. Use credit sparingly and wisely.** Plan for large purchases or gifts. Credit should be for emergencies only.

**5. Never use your government credit card for personal or other unauthorized purchases.**

**6. Learn the principles and types of life insurance available.** Buy only what you need. Remember, the primary goal of life insurance is to replace family income in the event of a breadwinner's death.

**7. Beware of scams and rip-offs.** If it sounds too good to be true, it probably is.

**8. Stay financially current** by reading and taking courses.

**9. Set aside money for unexpected events,** such as deployments, car repairs, or extra medical and dental expenses.

**10. Know your rights under the Fair Collection Practices Act and Soldiers' and Sailors' Relief Act of 1940.** Information on these laws is available through your installation legal services office.

\*Compiled by the DoD Office of Family Policy

# Uprose

The following was asked of unit members going through the mobility processing line last month.

**"What 'luxury' item did you pack in your mobility bag?"**



**TSgt. Dewey Beene  
ISO Dock**

"My hygiene kit is as good as it gets."



**TSgt. Christopher J. Conrad  
507th MXS**

"My luxury item is a radio/cassette player with a headset mounted inside the helmet."



**TSgt. Philip Wilburn  
507th AMXS**

"My luxury item is my palm pilot to pass the time 'playing games.'"



**AIC Sarah D. Suppes  
507th ARW/CP**

"My luxury item is a very long science fiction novel to help kill time."

**TSgt. Barbett Powers  
507th LSS**

"My luxury item would be a good book, and a few magazines."



**SrA Mark Hansche  
507th MXS**

"I read a lot, so I always try to have a book on me; it makes the long wait a bit more bearable."

**SrA Tayauna Knight  
507th MDS**  
"My luxury item would be my blanket."



## Plasma donors sought this UTA

By SSgt. Andy Stephens  
Wing Blood Drive Monitor

The 507 ARW will break new ground in blood donations this December UTA.

Besides the four beds for conventional blood donations, the Oklahoma Blood Institute will be using an Aphaeresis Plasma machine.

OBI officials say this is good news for previously deferred would-be blood donors. Officials said that opposed to ordinary blood donations, the Aphaeresis machine extracts plasma from the blood, but leaves the human body with all the blood cells.

OBI sources stress that many deferrals (with the exception of those infected or potentially exposed to vCJD, or "Mad Cow" disease) can give plasma since the antibodies exist in the blood cells, but not the plasma. In addition, donor recovery is faster.

Plasma donation can go a long way in helping someone else in need. Plasma is the fluid part of blood, lymph



and sinew—the liquid within our muscles, in a sense. Plasma donations have not been done at Tinker in the past due to the nature of work activity at the base—the process can take up to an hour to donate plasma, as opposed to the 15 minutes for a blood donation.

According to the folks at OBI, the 507 ARW/513 ACG had 51 donors, of which 41 had blood drawn during October UTA. The 10-count difference comes from deferrals: four had traveled to malaria areas and two had traveled to vCJD (Mad Cow) areas.

OBI officials state that when a person donates blood, only a third of the donated substance is plasma. It takes three people to constitute a single unit of plasma and, unfortunately, mixing plasma elements can weaken the integrity of the necessary elements. However, when a single donor can provide a unit of plasma, the unit remains effective and can be used with greater versatility than whole blood. Additionally, plasma regenerates twice as fast as whole blood.

OBI officials said that getting just four donors to give plasma would be very helpful. The next blood drive is scheduled for Saturday, Dec. 7 from noon to 4 p.m. and Sunday, Dec. 8 from 10 a.m. to 2 p.m.

## Oral cancer can be prevented

By SrA Kristie Subieta  
507th Dental Clinic Service

Oral cancer is closely related to poor oral hygiene, neglected teeth, and factors that irritate the tissues chronically.

Smokeless tobacco, as chewing tobacco or snuff, is a very serious health hazard. The hazards of smokeless tobacco include heart disease, high blood pressure, aggravated diabetic conditions and, most importantly, the loss of teeth due to periodontal disease.

In the oral cavity of the mouth, smokeless tobacco increases the chance of an individual developing oral cancer. It also causes irritation to the oral mucosa of the mouth.

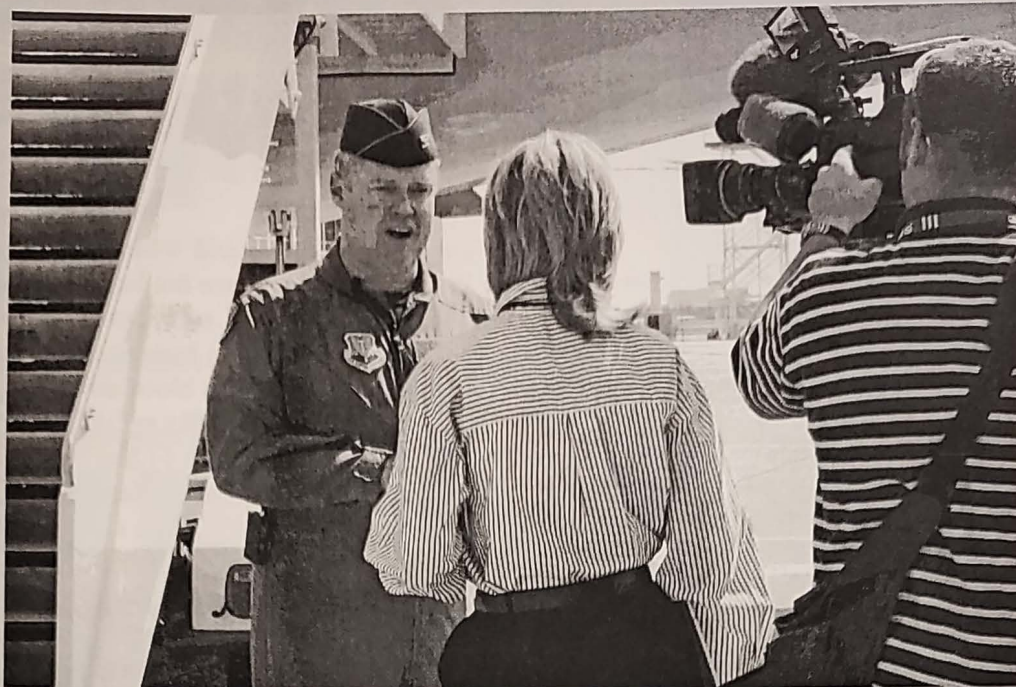
By using smokeless tobacco products, cancers of the pharynx, larynx, and esophagus occurs more frequently

in users than in non-users. There are steps that are helpful in preventing oral cancer:

- \* Avoid prolonged exposure to strong direct sunlight.
- \* Don't smoke or use smokeless tobacco.
- \* If you have a denture or tooth that irritates the tissue, ask your dentist to correct it.
- \* Any lump, scaly area, or white spot on the lips or mouth that lasts longer than two weeks should be checked by a dentist or physician.
- \* Eat a balanced diet to maintain optimal health.
- \* Maintain good oral hygiene.
- \* See your dentist regularly for a thorough examination.

Early detection of oral cancer is essential for successful treatment. The ultimate goal is to maintain oral structures in an excellent state of health for the longest period of time. Oral cancer can be prevented by educating yourself to the hazards it may cause.

# Parting Shots



Col. James Kerr, 513th ACG commander, talks with a reporter Sept. 26 about the sacrifices unit members endure as a result of their activation extended for another year.

## On-final R-NEWS

### MEO technician sought

1<sup>st</sup> Lt. Roslynn D. Rayford, 507<sup>th</sup> Acting Chief of Military Equal Opportunity, is accepting applications for Military Equal Opportunity Technician.

In accordance with regulations, to be eligible to apply, applicants must be an E-5, Staff Sergeant or above; must have prior qualification in any AFSC at the 5-skill level or higher; have the ability to speak distinctly and communicate well with others; have no record of disciplinary actions; must be financially stable; must possess outstanding appearance, high moral standards, and exceptional military bearing and conduct.

Applicants will also need a letter of recommendation from their unit commander and a resume citing experience and education (both military and civilian). An interview with the Chief of Equal Opportunity will be conducted and the person selected must attend the

Defense Equal Opportunity Management Institute course.

Applications must be turned into Military Equal Opportunity Office by mail or in person prior to noon, Dec. 23, 2002. For more information, call 1Lt Rayford at 734-5019 or pager 904-7808

### Seven Habits Class set

The next class of "7 Habits for Highly Effective People" will be held 27-30 January in the Natural Resources building 2003. If you are interested in attending contact Major Satterlee at 734-5543.

### ROA plans meetings

Chapter 66 of the Reserve Officers Association will feature Col. Stayce D. Harris, 507<sup>th</sup> ARW vice commander, as a guest speaker during the 11 a.m. Jan. 11 luncheon in the 513<sup>th</sup> ACG conference room..

### Award nominations due

Nominations for the 513<sup>th</sup>'s upcoming enlisted quarterly awards (airman, NCO and senior NCO) are due by noon Saturday Jan. 11 to Maj. Ralph Hawkins, 513<sup>th</sup> Executive Officer. Nominations must be prepared on AF Form 1206.

## 507th ARW Recruiters

### Tinker AFB, OK

(In-Service Recruiter)  
MSgt Larry Wheatley  
(405) 739-2980



### Moore, Norman, OK

TSgt. Gene Higgins  
(405) 217-8311

### Midwest City, OK

MSgt. Pam Peterson  
SSgt. Marvin Greene  
(405) 733-9403

### Altus AFB, OK

MSgt. Ronald J. Salafia  
(In-Service Recruiter)  
(580) 481-5123

### Lawton, OK

SSgt. Kamela Thigpen  
(580) 357-2784

### Tulsa, OK

TSgt. Candy Bradshaw  
(918) 665-2300

### Vance AFB, OK

MSgt. David McCormick  
(316) 652-3766

### McConnell AFB, KS

MSgt. David McCormick  
(In-Service Recruiter)  
(316) 652-3766  
TSgt. Arthur Powell  
(316) 652-4350